

Active Living Action Plan (as of 2.23.11)

Goal: Increase physical activity.

Recommended Strategy #6: Enhance individual-based and social support approaches to improve physical activity behaviors.

Team Leader: TBD

Committee Members: TBD

Target: X number of businesses promoting and implementing worksite wellness programming. X number individuals participating in worksite wellness programming. X number of physicians and/or health care providers assessing and discussing physical activity with their patients at every visit.

Priority Activity #1	Potential or Designated (preferred) Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
Educate business leaders on how to incorporate wellness and healthy lifestyles into their business models.	DHHS <ul style="list-style-type: none"> NAFH Program Chronic Disease Programs Community Health and Performance Management PHHS Block Grant WiseWoman and Every Woman Matters Department of Administrative Services DHHS Worksite Wellness Workgroup WorkWell Inc. WELCOM Panhandle Worksite Wellness Coalition Local Public Health	Develop Statewide Worksite Wellness Toolkit Provide promotion materials, documents and data suggesting the importance for worksite wellness efforts The Governor's Excellence in Worksite Wellness Award Training and education opportunities through local worksite wellness coalitions. Guidance documents for implementing physical activity and active living strategies regarding individual-based, environment and policy strategies.	Year 1 Initiation	Data from the State Worksite Wellness Survey (currently in the collection phase.) Data from the Governor's Excellence in Worksite Wellness Award <ul style="list-style-type: none"> # of companies with Wellness Teams # of companies meeting minimum HRA requirements # of companies implementing biometric screenings # of companies with measureable written wellness plan # of companies implementing data driven wellness programs # of companies with supportive policies and environments 	

	<p>Departments and their Boards of Health</p> <p>Businesses</p> <p>Chambers of Commerce</p> <p>Local Active Living/Healthy Communities Coalitions</p> <p>Local Universities and Colleges</p>			<ul style="list-style-type: none"> ○ # of companies conducting annual or bi-annual wellness evaluations <p>Data from the LiveWell HRA Survey</p>	
Priority Activity #2	Potential or Designated (preferred) Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
Identify, summarize, and disseminate best practices, models, and evidence-based physical activity interventions in the workplace.	<p>DHHS</p> <ul style="list-style-type: none"> ○ NAFH Program ○ Chronic Disease Programs ○ Community Health and Performance Mangagement ○ PHHS Block Grant ○ WiseWoman and Every Woman Matters <p>Department of Administrative Services</p> <p>DHHS Worksite Wellness Workgroup</p> <p>WorkWell Inc.</p> <p>WELCOM</p> <p>Panhandle Worksite Wellness Coalition</p> <p>Local Public Health</p>	<p>Develop Statewide Worksite Wellness Toolkit</p> <p>Provide promotion materials, documents and data suggesting the importance for worksite wellness efforts</p> <p>The Governor's Worksite Wellness Award</p> <p>Training and education opportunities through local worksite wellness coalitions.</p> <p>Guidance documents for implementing physical activity and active living strategies regarding individual-based, environment and policy strategies.</p>	Year 1 Initiation	<p>Data from the State Worksite Wellness Survey (currently in the collection phase.)</p> <p>Data from the Governor's Excellence in Worksite Wellness Award</p> <ul style="list-style-type: none"> ○ # of companies with Wellness Teams ○ # of companies meeting minimum HRA requirements ○ # of companies implementing biometric screenings ○ # of companies with measureable written wellness plan ○ # of companies implementing data driven wellness programs ○ # of companies with supportive policies and environments 	

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Priority Activity #3	Potential or Designated (preferred) Leaders, Partners & Participants	Resources Needed	Date of Initiation	Measurement Milestones (baselines and targets)	Progress
Make physical activity, including screen time and media usage, a patient “vital sign” that all health care providers assess and provide counseling for their patients.	<p>DHHS</p> <ul style="list-style-type: none"> NAFH Program Chronic Disease Programs WiseWoman and Every Woman Matters <p>Local initiatives (i.e. Lincoln in Motion, Teach a Kid 2 Fish, Partnership for a Healthy Lincoln)</p> <p>Physicians</p> <p>Nurses</p> <p>Hospital Systems</p> <p>Nebraska Medical Association</p> <p>Nebraska Nurses Association</p> <p>University of Nebraska</p>	<p>Foster Healthy Weight in Youth Toolkit</p> <p>Identify models for promoting physical activity within the healthcare system and through providers and assessments</p> <p>Identify models for educating and training physicians, nurses, those providers in medical schools or nursing school regarding to physical activity.</p> <p>National Physical Activity Plan Implementation Guide</p> <p>Identify resources that are currently being provided within clinics that promote physical activity as part of a healthy lifestyle.</p> <p>Identify data from the Foster Healthy Weight in Youth Toolkit</p>	Year 1 Initiation	<p># of physician’s clinics and facilities where they are assessing and discussing physical activity as part of a regular check up.</p> <p>Implement use of LiveWell survey in all Physicians Clinics as part of annual physical examinations.</p> <p># of patients who have had their physical activity behaviors assessed as a component of their regular check ups.</p> <p># of physicians and nurses provide evidence-based recommendations for promoting an active lifestyle (PA Guidelines for Americans).</p>	

	<p>Medical Center</p> <p>Creighton University Medical Center</p> <p>Blue Cross Blue Shield of Nebraska</p> <p>Coventry Nebraska</p> <p>Local Public Health Departments and their Boards of Health</p> <p>State Universities and Local Colleges</p>	<p>Provide training for health care professionals to counsel on reducing children's media use.</p>		<p>Data from the Foster Healthy Weight in Youth Toolkit</p>	
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